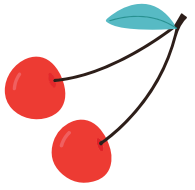
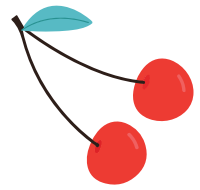


# 14 DAY DETOX PROGRAMME



Day 1

## MORNING JUICE

Cherry or ginger shot

## BREAKFAST

Chia seed pudding

## MID MORNING SNACK

Tamari nuts

## LUNCH

Chickpea curry with brown rice, greens and pickles

## AFTERNOON SNACK

Miso soup

## DINNER

Cream of vegetables soup, buckwheat crepe with vegetable filling

Day 2

Cherry or ginger shot

Nut granola with g.f. oat milk

Romaine, kale, spinach, cucumber, mint and ginger juice

Falafel and quinoa salad, steamed greens and pickles

Seasonal fruit salad

Minestrone soup with red lentils

Day 3

Cherry or ginger shot

Overnight oats with stewed apples

Miso soup with ginger

No bun bean burger with cabbage slaw and roasted vegetables

Nutball

Buckwheat noodles and vegetable warm salad with smoked tofu

Day 4

Cherry or ginger shot

Carrot hummus with rye cracker and steamed greens

Tamari sunflower seeds

Cottage pie with lentil stew and sweet potato mash. Carrot and black sesame salad

Cherry and plum kombucha

Beans and vegetable soup  
Crystal wrap with dip

Day 5

Cherry or ginger shot

Chia seed pudding

Dried fruit

Vegetable sushi, Tamari ginger dip, steamed broccoli, pickles

Kale chips

Miso noodle and vegetable bowl with tempeh

Day 6

Cherry or ginger shot

Scrambled tofu with rye crackers and sprouts

Romaine, kale, spinach, cucumber, lemon, mint and ginger juice

Aduzi beans, broccoli, roasted squash, buckwheat, pickles

Apple compote

Carrot, ginger soup, Millet burger and tahini dip

Day 7

Cherry or ginger shot

Overnight outs with berries

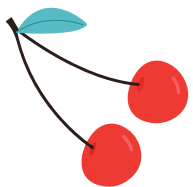
Celery boat with hummus

Baked tofu and stir fried vegetables, quinoa and pressed salad

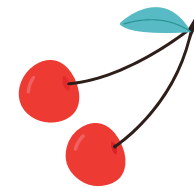
Miso soup

Butternut squash soup with polenta croutons





# WEEK 2 OF 14 DAY DETOX PROGRAMME



Day 1

## MORNING JUICE

Cherry or ginger shot

## BREAKFAST

Chia seed pudding

## MID MORNING SNACK

Tamari nuts

## LUNCH

Black bean stew, carrot salad, baked polenta, bok choy and teriyaki sauce

## AFTERNOON SNACK

Miso soup

## DINNER

Miso noodles and vegetable bowl

Day 2

Cherry or ginger shot

Nut granola with soya yoghurt

Romaine, kale, spinach, cucumber, mint and ginger juice

Adzuki beans, kale, roasted parsnips, sweet potato chunks and pickled radish salad

Apple and pear mousse

Cream of leek soup with tofu croutons

Day 3

Cherry or ginger shot

Overnight oats with stewed apples

Miso soup with ginger

No bun bean and rice burger with salad and avocado dip

Nutball

Mild vegetable curry with tofu and fresh herbs

Day 4

Cherry or ginger shot

Carrot hummus with rye cracker and steamed greens

Tamari sunflower seeds

Lentil meatball with tomato sauce and sautéed quinoa

Cherry and plum kombucha

Quinoa and vegetable soup

Day 5

Cherry or ginger shot

Chia seed pudding

Nutball

Millet croquettes, chickpea stew, baked cauliflower and winter salad

Raw vegetable sticks with dip

Cream of vegetable soup

Day 6

Cherry or ginger shot

Scrambled tofu with rye crackers and sprouts

Romaine, kale, spinach, cucumber, lemon, mint and ginger juice

Quinoa with carrots and peas, roasted squash, marinated tofu, broccoli and mustard dressing

Seed bar

Bean and vegetable soup  
Polenta canapés with mushroom pate

Day 7

Cherry or ginger shot

Overnight outs with berries

Chestnut slice

Stuffed cabbage rolls, steamed vegetables with sweet and sour sauce

Tamari nuts

Shiitake mushroom and noodle bowl with ginger and tofu

